

MENTAL HEALTH HOTLINES

[SAMHSA](#) - Substance abuse and mental health support- 24/7, English and Spanish
- Call 1-800-662-HELP (4357)

[National Suicide Prevention Hotline](#) - Suicide prevention - 24/7, English and Spanish
- call 1-800-273-TALK (8255)

[Crisis Text Line](#) - Support for any mental health crisis - 24/7, English - text HOME to 741741

[The Trevor Project](#) - Support for LGBTQ youth - 24/7, English - text START to 678-678 or call 1-866-488-7386

[Veterans Crisis Line](#) - Support for veterans and their families - 24/7, English - Call 1-800-273-8255 and Press 1 or text 838255

[National Domestic Violence Hotline](#) - 24/7, English - Call 1-800-799-SAFE (7233)
or text START to 88788

MORE MENTAL HEALTH RESOURCES

[NAMI Resource Directory](#) - 100+ pages of in-person and virtual mental health support services in the United States

[Mental Health First Aid](#) - dozens of online and in-person mental health resources for a variety of different challenges

[Social Work License Map](#) - a list of 60 online resources for mental health

[CDC](#) - a list of hotlines and other confidential resources for mental health